



# EMPOWER

## Newsletter

AUGUST/SEPTEMBER 2016

### August/September Greetings

Bonnie

Hello Empower Superheroes!

This issue will be short and oh so sweet! The Empower Program is making many changes—some large and some small! Over the next several months, you'll want to stay tuned for the Empower Newsletter, the Empower website and the mail (Remember that? Regular mail? Ha!). Here's what you can expect:

**Empower Newsletter** — If someone forwards this Empower Newsletter to you, do yourself a favor and [sign up](#) to receive it in YOUR email inbox. This is the primary way we communicate important news to you! Check your email often. If you change your email address, be sure to sign up again with your new address. Does Licensing/certification have your current email address? Check with your surveyor or specialist to make sure!

**Mailing Address** — Speaking of checking with your surveyor or specialist, do they have your current mailing address? Some programs have one address for mail and another address for their program location. Be sure you have a valid mailing address on file to which we will mail your Empower materials! Many a story has been told that a school district or corporate office received something that should have gone to your PROGRAM and it never found its way to the people who needed it! Oh, the despair! Check today to see what address YOU have on file. You can reach ADHS Child Care Licensing at the Phoenix office 602-364-2539, the Tucson office 520-628-6541 or toll-free at 1-800-615-8555. DES family child care homes will need to contact their Certification Specialist at DES.

**Empower Pack** — It's taking some time but we're almost there! We will be sending ALL Empower programs an updated Empower Pack. It will contain the 3rd edition of the Empower Guidebook, magnets, window clings, posters, stickers, and other assorted things you'll want to advertise and support your implementation of the Empower Program. In addition, we'll include a copy of the book/DVD [Active Play, by Dr. Diane Craft!](#) This is an excellent resource to help you provide physical activity, both indoors and outdoors, both moderate and vigorous, and with children of all ages, sizes, shapes and abilities. Dr. Craft is nationally known for her work in this area and we are excited to provide this to all of our programs. The best part is that the activities are designed to use inexpensive, everyday materials such as pool noodles, plastic milk jugs, paper plates and other easy-to-find items. **Note:** Child care group homes (CCGH), family child care homes, and Empower PLUS+ centers are *excluded* from the *Active Play* resource, as they have received the book previously—or will soon!



# EMPOWER

## 10 Ways to Empower Children to Live Healthy Lives

-  **Standard 1:** Provide at least 60 minutes of daily physical activity (teacher-led and free play) and do not allow more than 60 minutes of sedentary activity at a time, or more than three hours of screen time per week.
-  **Standard 2:** Practice “sun safety.”
-  **Standard 3:** Provide a breastfeeding-friendly environment.
-  **Standard 4:** Determine whether the facility is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.
-  **Standard 5:** Limit serving fruit juice to no more than two times per week.
-  **Standard 6:** Serve meals family style and do not use food as a reward.
-  **Standard 7:** Provide monthly oral health education or implement a toothbrushing program.
-  **Standard 8:** Ensure that staff members and child care providers receive three hours of training annually on Empower topics..
-  **Standard 9:** Make Arizona Smokers’ Helpline (ASHLine) education materials available at all times.
-  **Standard 10:** Maintain a smoke-free environment.

*Empower child care facilities will develop and implement a written policy for each standard that meets the needs of all children served.*

*Policies should be effective no later than July 1, 2016.*

Visit us at <http://www.theempowerpack.org>



ARIZONA DEPARTMENT  
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# EMPOWER

## 10 Maneras de Preparar a los Niños para que Tengan una Vida Sana

- ★ **Estándar 1:** Permitir al menos 60 minutos de actividad física diaria (dirigida por la maestra y juego libre) y no permitir más de 60 minutos de actividad sedentaria a la vez o más de tres horas frente a la pantalla por semana.
- ★ **Estándar 2:** Practicar “seguridad contra el sol”.
- ★ **Estándar 3:** Ofrecer una atmósfera de apoyo a la lactancia.
- ★ **Estándar 4:** Determinar si el sitio es elegible para el Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) del Departamento de Agricultura de los Estados Unidos (USDA) y participar si es elegible.
- ★ **Estándar 5:** Limitar el servir jugo de fruta a no más de dos veces por semana.
- ★ **Estándar 6:** Servir comidas estilo familiar y no usar la comida como premio.
- ★ **Estándar 7:** Proporcionar educación mensual sobre cuidado de salud oral o implementar un programa de lavado de dientes.
- ★ **Estándar 8:** Asegurar que los miembros del personal y proveedores de cuidado in fantil reciban tres horas de capacitación al año sobre temas de Empower.
- ★ **Estándar 9:** Tener siempre disponibles los materiales educativos de la Línea de Ayuda a Fumadores de Arizona (ASHLine).
- ★ **Estándar 10:** Mantener un centro libre de humo.

*Las instituciones de cuidado infantil desarrollarán e implementarán una política por escrito por cada estándar que cumpla con las necesidades de todos los niños que reciben el servicio.*

*Las políticas deberán entrar en efecto a más tardar el 1ro de julio de 2016.*

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**Resource Kits** — Several programs have participated in projects with Empower over the past three years. Almost 150 child care centers in Pima and Maricopa counties were enrolled in Empower Plus+, all 300 child care group homes will have participated in our CCGH Empower project by the end of April 2017, and all of our new DES family child care home Empower partners will get a resource supply kit this fall. That makes 1,050 programs who have received generous supply kits to support Empower in their program!!

**Empower Website** — Our [Empower website](#) is under construction this year! When we decided to revise the Empower Guidebook, we also decided to make changes to the Empower website. The 3rd edition of the guidebook has been scaled down from the previous edition. The new guidebook focuses simply on each of the 10 standards, the reasons why they're important, and two sample policies for each standard. The guidebook sections of teacher activities, parent newsletters, and other resources are being relocated to the website. This way, the resources can be updated as new things become available. Another exciting new feature of Empower is the new 'lenses' that we will be looking through as we implement Empower in our programs. Our goal is to *empower ALL children and families to live healthy lives*. The five lenses include:

- Cultural diversity and language;
- Home and center settings;
- Multi-age children;
- Children with special health care needs and/or disabilities; and
- Family engagement

As you can imagine, all of this takes time. Personally, I'm not the most patient person around, but I'm learning! Until you get new materials and until the website is changed, continue using the Empower materials that you have. While the standards have been slightly modified to be more inclusive, they have not changed substantially. I guess that's what I meant about some changes are large and others are small!

As an Empower Program, you have TWO primary responsibilities:

- 1) You must have a written POLICY for each of the 10 Empower standards and
- 2) You must IMPLEMENT each of the 10 Empower standards

### Did you know?

These Arizona programs participate in Empower...

2100 ADHS licensed child care centers

300 ADHS licensed child care group homes

600 DES certified family child care homes

*Are you an Empower Superhero?*

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